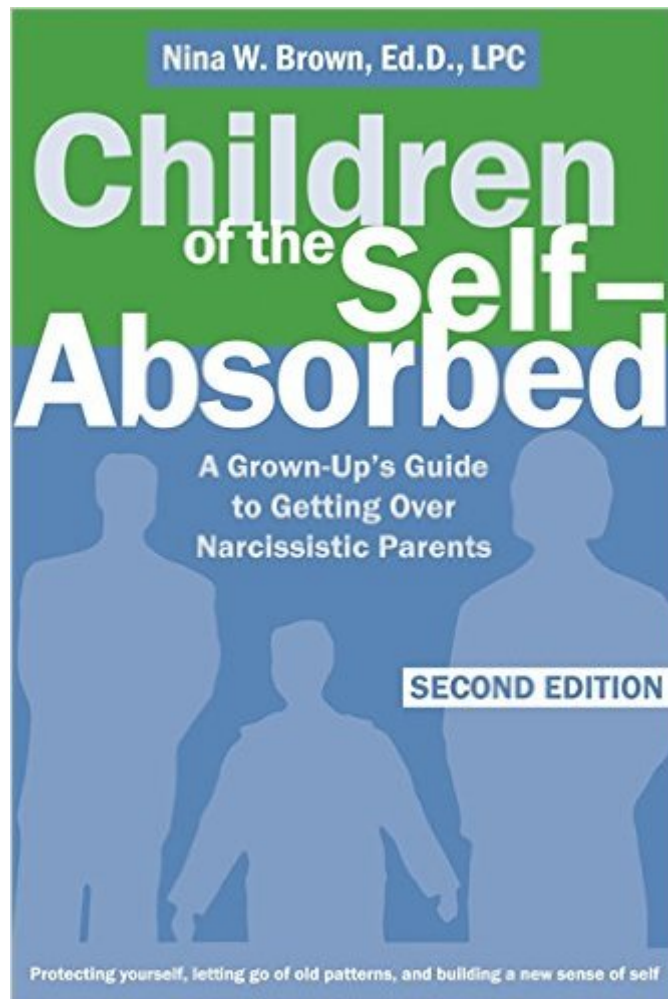


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# Children Of The Self-Absorbed: A Grown-Up's Guide To Getting Over Narcissistic Parents



## Synopsis

Being a parent is usually all about giving of yourself to foster your child's growth and development. But what happens when this isn't the case? Some parents dismiss the needs of their children, asserting their own instead, demanding attention and reassurance from even very young children. This may especially be the case when a parent has narcissistic tendencies or narcissistic personality disorder. From the author of *Working with the Self-Absorbed* and *Loving the Self-Absorbed*, this major revision of a self-help classic offers a step-by-step approach to resolving conflict and building a meaningful relationship with a narcissistic parent. *Children of the Self-Absorbed* offers clear definitions of narcissism and narcissistic personality disorder to help you identify the extent of your parent's problem. You'll learn the different types of destructive narcissism and how to recognize their effects on relationships. With the aid of proven techniques, you'll discover that you're not helpless against your parent's behavior and that you needn't consider giving up on the relationship. Instead, realistic strategies and steps are suggested for learning to set mutually agreed upon behaviors that can help you fulfill your needs and expectations.

## Book Information

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## Customer Reviews

Given the talent that narcissists have for making you feel that (1) it's all your fault or (2) it's your imagination, this is a very nice read that will make you feel that you aren't crazy. It also will help you realize that your needs are legitimate. The book fleshes out the dimensions of a narcissistic personality, not in a coldly clinical way but in a matter-of-fact way that uses ordinary language. As

for the typos that another reviewer commented on, I didn't notice them. I'm a journalist, and I thought the author succeeded in using concise and easily understood words. She also succeeded in giving some very useful tips for dealing with a narcissist. Most of us have been taught that it's best to be truthful, to say so if we've been hurt by someone else; we've learned that this is the healthy and responsible way to behave. Not so, if you're around a narcissist, as this book will explain; it's better if you DON'T let on that the narcissist has affected you, because you'll likely be criticized for being too sensitive. If you KNOW a narcissist, you ALREADY know that it's best not to let your feelings show, and you already know that the standard advice that well-meaning friends might give, won't work. This book will give you some advice that DOES work, and it will also validate your perceptions of what it's like to be around a narcissist. At 180 pages, this book is not the be-all and end-all, but it's quite helpful, and I wouldn't miss it. If your parent is a narcissist, you might also benefit by looking at the book "Stop Walking on Eggshells," a book that deals with those who have borderline personality disorder. Not all narcissists have the disorder, but a good number do, and it's worth checking out if you're in a relationship that's "all about them," and where you are discounted.

I have found this book to be useful in my ministry for adult children of abusive or controlling parents, Luke 17:3 Ministries. It begins by describing Destructive Narcissistic Parents (DNPs), teaches how being raised by them affected you, and gives very unique techniques for diffusing their ability to hurt you. It subscribes to the theory that confrontation will not work because a narcissist will never change and does not believe he is doing anything wrong, but rather thinks that everyone else exists for his use and benefit; therefore other techniques for dealing with him are suggested, including avoidance, humor, or body language designed to subconsciously confuse the narcissist. Does your parent have attention needs, admiration needs, the need to be considered unique and special, lack of empathy, feel others are extensions of herself, grandiosity, shallow emotions, a sense of entitlement, emotionally abusive traits, or does she exploit others? These characteristics identify a DNP, and specific examples of each trait are given. As an adult, you can have two possible responses to being raised by a DNP. You may have a Siege Response- some traits of which include becoming defiant when given orders or demands, rebelling against restrictions or rules, being wary or fearful of intimacy, feeling anxious or panicky when others want to be nurtured, guilty feelings, personalizing others' behavior, being easily offended, etc. You may also exhibit the Compliant Response, including needing to be liked or approved of, feeling responsible for others' well-being, feeling that others are taking advantage of you, sacrificing personal needs for others, being overemotional, being overly critical of yourself and others, etc.

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